

# Auburn University Olympic Sports Performance Internship Information

## Duties:

- Assist in the implementation of Auburn's strength & conditioning program.
- Assist in the administrative and maintenance duties involved in the strength & conditioning program.
- Maintain a training log – with notes – throughout the entirety of the internship.
- Participation in Auburn's strength & conditioning internship curriculum.

## Qualifications:

- Current Auburn student taking an Internship and/or Practicum class and receiving class credit hours for the internship.
- Strong organizational skills and work ethic.
- The ability to work independently in a fast-paced environment and meet established work deadlines.
- Some early morning and evening hours required.
- Outgoing, professional, and eager to succeed.

## Benefits:

- SEC strength & conditioning experience
- College credit
- Individual professional development
- Earned recommendations

## What You Will Learn:

- Exercise technique, training philosophies and methodologies, and program planning.
- How to command a room and develop your coaching voice.
- NSCA (National Strength & Conditioning) test preparation assistance.
- What it is like to work in the field of strength & conditioning.

## Deadlines & Considerations:

- Applicants will be considered for fall, spring, and summer semesters. There is no deadline to apply.
- Preference will be given to applicants interested in a career in Sports Performance in intercollegiate athletics.
- For consideration, please send a cover letter, resume, and contact information for 3 references in ONE document to: **Bethany Gainey at [auburnstrength@auburn.edu](mailto:auburnstrength@auburn.edu)**

